CHECK IN WITH YOURSELF, WITHOUT JUDGMENT

Daily Reflection

A short daily pause to notice what is happening and choose what may help.

A GENTLE CHECK-IN

There are no perfect answers. You can skip any prompt, write a few words, or simply notice how today felt.

Today, at a glance

Date: _____ One word for today:

Mood right now (0 = low, 10 = good for me)

0 1 2 3 4 5 6 7 8 9 10

LOW HIGH

Energy right now (0 = very low, 10 = high)

0 1 2 3 4 5 6 7 8 9 10

LOW HIGH

What stood out?

A moment, conversation, or task that stayed with me:

Something that felt difficult or took effort:

Something I handled, tried, or am glad I noticed:

“Noticing is a beginning; you can decide what comes next.”

CLOSE THE DAY WITH CARE

Daily Reflection

Notice what you need and choose one small intention for tomorrow.

What did today teach me?

What did I learn about what helps me or drains me?

What feeling or need deserves a little attention?

What might help next?

- [ ] A little rest or a slower pace
- [ ] A conversation or connection
- [ ] A practical task broken into a smaller step
- [ ] Time outside, movement, or a calming activity
- [ ] Asking someone trustworthy for support
- [ ] Something else:

One small intention for tomorrow:

A kind reminder I want to carry with me:

“A day can be hard and still hold something worth noticing.”